

1/17

**N u t r i t i o n   F a c t s**

Total Calories 1600  
Serving Size 160 calories (about 21 pieces)  
Servings Per Container about 10

---

**Amount Per Serving**

Weight 1oz (28g)	Calories from Fat 90
	% Daily Value*
<b>Total Fat 10g</b>	<b>16%</b>
Saturated Fat 1.5g	8%
Trans Fats 0g.	
Cholesterol 0mg	0%
Sodium 290mg	12%
<b>Total Carbohydrate 15g</b>	<b>5%</b>
Dietary Fiber less than 1g	1%
Sugars 1g	
<b>Protein 2g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 4%
Vitamin E 6%	• Thiamin 4%
Riboflavin 4%	• Niacin 4%
Phosphorus 2%	

\* Percent Daily values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Fiber		25g	30g

Calories per gram

Fat 9	• Carbohydrate 4	• Protein 4
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Front of package marking  
within the CENTICAL method:

**1600 Calories**

**Fig. 1**

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<b>N u t r i t i o n   F a c t s</b>			
Total Calories 1600			
Serving Size 100 calories (about 13 pieces)			
Servings Per Container about 16			
<b>Amount Per 100 Calories Serving</b>			
Weight 0.62oz (17g)	Calories from Fat 56	—	—
<b>% Daily Value*</b>			
Total Fat 6g	10%	—	—
Saturated Fat 0.9g	5%	—	—
Trans Fats 0g.	—	—	—
Cholesterol 0mg	0%	—	—
Sodium 181mg	7%	—	—
Total Carbohydrate 9g	3%	—	—
Dietary Fiber less than 1g	1%	—	—
Sugars 1g	—	—	—
Protein 1g	—	—	—
Vitamin A 0%	• Vitamin C 0%	—	—
Calcium 0%	• Iron 3%	—	—
Vitamin E 4%	• Thiamin 3%	—	—
Riboflavin 3%	• Niacin 3%	—	—
Phosphorus 1%	—	—	—
* Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Calories: 2,000      2,500			
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Fiber		25g	30g
Calories per gram			
Fat 9	• Carbohydrate 4	• Protein 4	—

Front of package marking  
within the CENTICAL method:

1600 Calories

Fig. 2

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<b>N u t r i t i o n   F a c t s</b>																														
Total Calories 1600																														
About 210 pieces																														
<b>Amount Per Container</b>																														
<b>Weight 10oz (280g)</b>	<b>Calories from Fat 900</b>																													
<b>% Daily Value*</b>																														
<b>Total Fat 100g</b>	<b>160%</b>																													
<b>Saturated Fat 15g</b>	<b>80%</b>																													
<b>Trans Fats 0g.</b>																														
<b>Cholesterol 0mg</b>	<b>0%</b>																													
<b>Sodium 2900mg</b>	<b>120%</b>																													
<b>Total Carbohydrate 150g</b>	<b>50%</b>																													
<b>Dietary Fiber less than 10g</b>	<b>10%</b>																													
<b>Sugars 10g</b>																														
<b>Protein 20g</b>																														
<b>Vitamin A 0%</b>	<b>• Vitamin C 0%</b>																													
<b>Calcium 0%</b>	<b>• Iron 40%</b>																													
<b>Vitamin E 60%</b>	<b>• Thiamin 40%</b>																													
<b>Riboflavin 40%</b>	<b>• Niacin 40%</b>																													
<b>Phosphorus 20%</b>																														
* Percent Daily values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:																														
<table> <thead> <tr> <th></th> <th>Calories:</th> <th>2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td><b>Total Fat</b></td> <td><b>Less Than</b></td> <td><b>65g</b></td> <td><b>80g</b></td> </tr> <tr> <td><b>Sat Fat</b></td> <td><b>Less Than</b></td> <td><b>20g</b></td> <td><b>25g</b></td> </tr> <tr> <td><b>Cholesterol</b></td> <td><b>Less Than</b></td> <td><b>300mg</b></td> <td><b>300mg</b></td> </tr> <tr> <td><b>Sodium</b></td> <td><b>Less Than</b></td> <td><b>2,400mg</b></td> <td><b>2,400mg</b></td> </tr> <tr> <td><b>Total Carbohydrates</b></td> <td></td> <td><b>300g</b></td> <td><b>375g</b></td> </tr> <tr> <td><b>Fiber</b></td> <td></td> <td><b>25g</b></td> <td><b>30g</b></td> </tr> </tbody> </table>				Calories:	2,000	2,500	<b>Total Fat</b>	<b>Less Than</b>	<b>65g</b>	<b>80g</b>	<b>Sat Fat</b>	<b>Less Than</b>	<b>20g</b>	<b>25g</b>	<b>Cholesterol</b>	<b>Less Than</b>	<b>300mg</b>	<b>300mg</b>	<b>Sodium</b>	<b>Less Than</b>	<b>2,400mg</b>	<b>2,400mg</b>	<b>Total Carbohydrates</b>		<b>300g</b>	<b>375g</b>	<b>Fiber</b>		<b>25g</b>	<b>30g</b>
	Calories:	2,000	2,500																											
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<b>Sodium</b>	<b>Less Than</b>	<b>2,400mg</b>	<b>2,400mg</b>																											
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<b>Fiber</b>		<b>25g</b>	<b>30g</b>																											
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<b>Fat 9</b>	<b>• Carbohydrate 4</b>	<b>• Protein 4</b>																												

Front of package marking  
within the CENTICAL method:

**1600 Calories**

**Fig. 3**

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<b>N u t r i t i o n   F a c t s</b>			
Total CENTICALs 16			
Serving Size 1 CENTICAL (about 13 pieces)			
Servings Per Container about 16			
<b>Amount Per 1 CENTICAL</b>			
Weight 0.62oz (17g)	CENTICALs from Fat 0.56		
% Daily Value*			
Total Fat 6g	10%		
Saturated Fat 0.9g	5%		
Trans Fats 0g.			
Cholesterol 0mg	0%		
Sodium 181mg	7%		
Total Carbohydrate 9g	3%		
Dietary Fiber less than 1g	1%		
Sugars 1g			
Protein 1g			
Vitamin A 0%	• Vitamin C 0%		
Calcium 0%	• Iron 3%		
Vitamin E 4%	• Thiamin 3%		
Riboflavin 3%	• Niacin 3%		
Phosphorus 1%			
* Percent Daily values are based on a 20 CENTICAL diet. Your daily values may be higher or lower depending on your calorie needs:			
CENTICALs: 20      25			
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Fiber		25g	30g
Calories per gram			
Fat 9	• Carbohydrate 4	• Protein 4	

Front of package marking  
within the CENTICAL method:**16 CENTICALS****Fig. 4**

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<b>N u t r i t i o n   F a c t s</b>		
Total CENTICALS 16		
About 210 pieces		
<b>Amount Per Container</b>		
Weight 10oz (280g)	CENTICALS from fat 9	
<b>% Daily Value*</b>		
Total Fat 100g	160%	
Saturated Fat 15g	80%	
Trans Fats 0g.		
Cholesterol 0mg	0%	
Sodium 2900mg	120%	
Total Carbohydrate 150g	50%	
Dietary Fiber less than 10g	10%	
Sugars 10g		
<b>Protein 20g</b>		
Vitamin A 0%	• Vitamin C 0%	
Calcium 0%	• Iron 40%	
Vitamin E 60%	• Thiamin 40%	
Riboflavin 40%	• Niacin 40%	
Phosphorus 20%		
* Percent Daily values are based on 20 CENTICAL diet. Your daily values may be higher or lower depending on your centical needs:		
	CENTICALS:	20      25
Total Fat	Less Than	65g      80g
Sat Fat	Less Than	20g      25g
Cholesterol	Less Than	300mg      300mg
Sodium	Less Than	2,400mg      2,400mg
Total Carbohydrates		300g      375g
Fiber		25g      30g
Calories per gram		
Fat 9	• Carbohydrate 4	• Protein 4

Front of package marking  
within the CENTICAL method:

**16 CENTICALs**

**Fig. 5**

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### N u t r i t i o n F a c t s

Total Calories 1600

Serving Size 160 calories (about 21 pieces)

Calories from fat/serving 90

Servings Per Container about 10

Calories from fat/100cals 56

	Per Serving	Per 100 Calories	% Daily Value*	
Amount		Per Serving	Per 100 Calories	
Total Fat	10g	6g	16%	10%
Saturated Fat	1.5g	0.9g	8%	5%
Trans Fats	0g	0g		
Cholesterol	0mg	0mg	0%	0%
Sodium	290mg	181mg	12%	7%
Total Carbs	15g	9g	5%	3%
Dietary Fiber	less than 1g	less than 1g	1%	1%
Sugars	1g	0.6g		
Protein	2g	1g		
Vitamin A			0%	0%
Calcium			0%	0%
Vitamin E			6%	4%
Riboflavin			4%	3%
Phosphorus			2%	1%
Vitamin C			0%	0%
Iron			4%	3%
Thiamin			4%	3%
Niacin			4%	3%

\* Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholest	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carb		300g	375g
Fiber		25g	30g

Calories per gram

Fat 9 • Carbohydrate 4 • Protein 4

Fig. 6

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**N u t r i t i o n   F a c t s**

Total CENTICALs 1600

Serving Size 1.5 CENTICALs (about 21 pieces)

CENTICALs from Fat/serving: 0.9

Servings Per Container about 10

CENTICALs from Fat/CENTICAL: 0.56

	<b>Per Serving</b>	<b>Per CENTICAL</b>
<b>Weight</b>	<b>1oz (28g)</b>	<b>0.62oz (17g)</b>
<b>Price</b>	<b>\$0.36</b>	<b>\$0.22</b>

% Daily Value\*

<b>Amount</b>		<b>Per Serving</b>	<b>Per CENTICAL</b>
<b>Total Fat</b>	<b>10g</b>	<b>6g</b>	<b>16%</b>
Saturated Fat	1.5g	0.9g	8%
Trans Fats	0g	0g	
<b>Cholesterol</b>	<b>0mg</b>	<b>0mg</b>	<b>0%</b>
<b>Sodium</b>	<b>290mg</b>	<b>181mg</b>	<b>12%</b>
<b>Total Carbs</b>	<b>15g</b>	<b>9g</b>	<b>5%</b>
Dietary Fiber	less than 1g	less than 1g	1%
Sugars	1g	0.6g	
<b>Protein</b>	<b>2g</b>	<b>1g</b>	
Vitamin A		0%	0%
Calcium		0%	0%
Vitamin E		6%	4%
Riboflavin		4%	3%
Phosphorus		2%	1%
Vitamin C		0%	0%
Iron		4%	3%
Thiamin		4%	3%
Niacin		4%	3%

\* Percent Daily values are based on a 20-CENTICAL diet. Your daily values may be higher or lower depending on your calorie needs:

	CENTICALs	20	25
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholest	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carb		300g	375g
Fiber		25g	30g

Calories per gram

Fat 9 • Carbohydrate 4 •

Protein 4

Fig. 7

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<b>N u t r i t i o n   F a c t s</b>				
Total Calories 1600				
Serving Size 160 calories (about 21 pieces)				
Servings Per Container about 10				
Amount	Per Serving	Per 100 Calories	Per Serving	Per 100 Calories
Weight	1oz (28g)	0.62oz (17g)		
Price	\$0.36	\$0.22		
<b>% Daily Value*</b>				
Total Fat	10g	6g	16%	10%
Saturated Fat	1.5g	0.9g	8%	5%
Trans Fats	0g	0g		
Cholesterol	0mg	0mg	0%	0%
Sodium	290mg	181mg	12%	7%
Total Carbs	15g	9g	5%	3%
Dietary Fiber	less than 1g	less than 1g	1%	1%
Sugars	1g	0.6g		
Protein	2g	1g		
Vitamin A	0%	0%	Vitamin C	0%
Calcium	0%	0%	Iron	4% 3%
Vitamin E	6%	4%	Thiamin	4% 3%
Riboflavin	4%	3%	Niacin	4% 3%
Phosphorus	2%	1%		
* Percent Daily values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
Calories:		2,000	2,500	
Total Fat	Less Than	65g	80g	
Sat Fat	Less Than	20g	25g	
Cholest	Less Than	300mg	300mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carb		300g	375g	
Fiber		25g	30g	
Calories from Fat/Carbohydrate/Protein per 100Calories				
Fat 54	• Carbohydrate 36 •			Protein 4
Calories from Fat/Carbohydrate/Protein per serving				
Fat 90	• Carbohydrate 60 •			Protein 8

Fig. 8

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<b>N u t r i t i o n   F a c t s</b>				
Total CENTICALs 16				
Serving Size 1.6 CENTICALs (about 21 pieces)				
Servings Per Container about 10				
Amount	Per Serving	Per CENTICAL	Per Serving	Per CENTICAL
Weight	1oz (28g)	0.62oz (17g)		
Price	\$0.36	\$0.22		
<b>% Daily Value*</b>				
Total Fat	10g	6g	16%	10%
Saturated Fat	1.5g	0.9g	8%	5%
Trans Fats	0g	0g		
Cholesterol	0mg	0mg	0%	0%
Sodium	290mg	181mg	12%	7%
Total Carbs	15g	9g	5%	3%
Dietary Fiber	less than 1g	less than 1g	1%	1%
Sugars	1g	0.6g		
Protein	2g	1g		
Vitamin A	0%	0%	Vitamin C	0%
Calcium	0%	0%	Iron	4% 3%
Vitamin E	6%	4%	Thiamin	4% 3%
Riboflavin	4%	3%	Niacin	4% 3%
Phosphorus	2%	1%		
* Percent Daily values are based on a 20 CENTICAL diet. Your daily values may be higher or lower depending on your calorie needs:				
CENTICALS:		20	25	
Total Fat	Less Than	65g	80g	
Sat Fat	Less Than	20g	25g	
Cholest	Less Than	300mg	300mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carb		300g	375g	
Fiber		25g	30g	
Calories from Fat/Carbohydrate/Protein per CENTICAL				
Fat 54	• Carbohydrate 36 •			Protein 4
Calories from Fat/Carbohydrate/Protein per serving				
Fat 90	• Carbohydrate 60 •			Protein 8

Fig. 9

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<b>N u t r i t i o n   F a c t s</b>				
Total CENTICALs 16				
Serving Size 1.6 CENTICALs (about 21 pieces)				
Servings Per Container about 10				
Amount	Per Serving	Per CENTICAL	Per Serving	Per CENTICAL
Weight	1oz (28g)	0.62oz (17g)		
Price	\$0.36	\$0.22		
<b>% Daily Value*</b>				
Total Fat	10g	6g	16%	10%
Saturated Fat	1.5g	0.9g	8%	5%
Trans Fats	0g	0g		
Cholesterol	0mg	0mg	0%	0%
Sodium	290mg	181mg	12%	7%
Total Carbs	15g	9g	5%	3%
Dietary Fiber	less than 1g	less than 1g	1%	1%
Sugars	1g	0.6g		
Protein	2g	1g		
Vitamin A	0%	0%	Vitamin C	0%
Calcium	0%	0%	Iron	4% 3%
Vitamin E	6%	4%	Thiamin	4% 3%
Riboflavin	4%	3%	Niacin	4% 3%
Phosphorus	2%	1%		
* Percent Daily values are based on a 20 CENTICAL diet. Your daily values may be higher or lower depending on your calorie needs:				
CENTICALS:		20	25	
Total Fat	Less Than	65g	80g	
Sat Fat	Less Than	20g	25g	
Cholest	Less Than	300mg	300mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carb		300g	375g	
Fiber		25g	30g	
CENTICALs from Fat/Carbohydrate/Protein per CENTICAL				
Fat 0.54	• Carbohydrate 0.36 •			Protein 0.04
CENTICALs from Fat/Carbohydrate/Protein per serving				
Fat 0.9	• Carbohydrate 0.6 •			Protein 0.08

Fig. 10

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Weight	152 g
Price/100g	\$2
Total Price	\$3

Fig. 11a

Weight/100 calories	57.25 g
Total calories	262
Total Price	\$3

Fig. 11b

Calories/100g	174
Total calories (rounded)	270
Total Price	\$3

Fig. 11c

Price/100 calories	\$0.76
Total calories	262
Total Price	\$3

Fig. 11d

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Price/100 calories	\$0.76
Total calories (rounded)	270
Total Price	\$3

Fig. 12a

Price/CENTICAL	\$0.76
Total CENTICALs (rounded)	2.70
Total Price	\$3

Fig. 12b

Calories/\$1	87.33
Total calories	262
Total Price	\$3

Fig. 12c

Calories/\$1	87.33
Total calories (rounded)	270
Total Price	\$3

Fig. 12d

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Fig. 13a

SMOKED SALMON					
DEC.7.04	JAN.7.05	150	57	262	\$3
PACKED ON	SELL BY	NET WT.GR	GR/100 CALORIES	TOTAL CALORIES	TOTAL PRICE
MANUFACTURER'S NAME					
MANUFACTURER'S ADDRESS					

Fig. 13b

SMOKED SALMON					
DEC.7.04	JAN.7.05	150	57	270	\$3
PACKED ON	SELL BY	NET WT.GR	GR/100 CALORIES	TOTAL CALORIES	TOTAL PRICE
MANUFACTURER'S NAME					
MANUFACTURER'S ADDRESS					

Fig. 13c

SMOKED SALMON					
DEC.7.04	JAN.7.05	150	57	2.62	\$3
PACKED ON	SELL BY	NET WT.GR	GR/CENTICAL	TOTAL CENTICALS	TOTAL PRICE
MANUFACTURER'S NAME					
MANUFACTURER'S ADDRESS					

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**Fig. 13d**

SMOKED SALMON					
DEC. 7.04 PACKED ON	JAN. 7.05 SELL BY	150 NET WT.GR	2 \$ /100 GR	174 CALORIES /100GR	\$3 TOTAL PRICE
<i>MANUFACTURER'S NAME</i>					
<i>MANUFACTURER'S ADDRESS</i>					

**Fig. 13e**

SMOKED SALMON						\$3	TOTAL PRICE
DEC.7.04	JAN.7.05	150	0.76	57.25	262		
PACKED ON	SELL BY	NET WT.GR	\$ /100 CALORIES	GR /100 CALORIES	TOTAL CALORIES	MANUFACTURER'S NAME	MANUFACTURER'S ADDRESS

Fig. 13f

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SMOKED SALMON					
DEC.7.04 PACKED ON	JAN.7.05 SELL BY	143 NET WT.GR	0.76 \$/100 CALORIES	57.25 GR/100 CALORIES	250 TOTAL CALORIES
					\$1.9 TOTAL PRICE
					<i>MANUFACTURER'S NAME</i>
					<i>MANUFACTURER'S ADDRESS</i>

Fig. 14a

SMOKED SALMON					
DEC.7.04 PACKED ON	JAN.7.05 SELL BY	143 NET WT.GR	0.76 \$/CENTICAL	57.25 GR/CENTICAL	2.5 TOTAL CENTICALS
					\$1.9 TOTAL PRICE
					<i>MANUFACTURER'S NAME</i>
					<i>MANUFACTURER'S ADDRESS</i>

Fig. 14b

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<b>SMOKED SALMON</b>					
DEC 7.04 PACKED ON	JAN.7.05 SELL BY	143 NET WT.GR	0.76 \$/100 CALORIES	57.25 GR/100 CALORIES	250 TOTAL CALORIES
					\$1.9 TOTAL PRICE
					MANUFACTURER'S NAME
					MANUFACTURER'S ADDRESS

**Fig. 14c**

<b>SMOKED SALMON</b>					
DEC 7.04 PACKED ON	JAN.7.05 SELL BY	143 NET WT.GR	0.76 \$/CENTICAL	57.25 GR/CENTICAL	2.5 TOTAL CENTICALS
					\$1.9 TOTAL PRICE
					MANUFACTURER'S NAME
					MANUFACTURER'S ADDRESS

**Fig. 14d**

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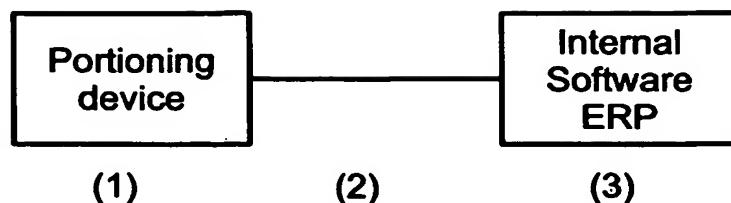


Fig. 15a

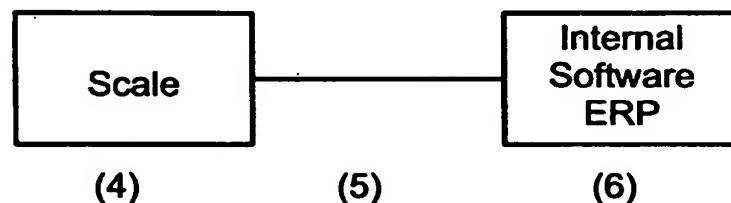


Fig. 15b

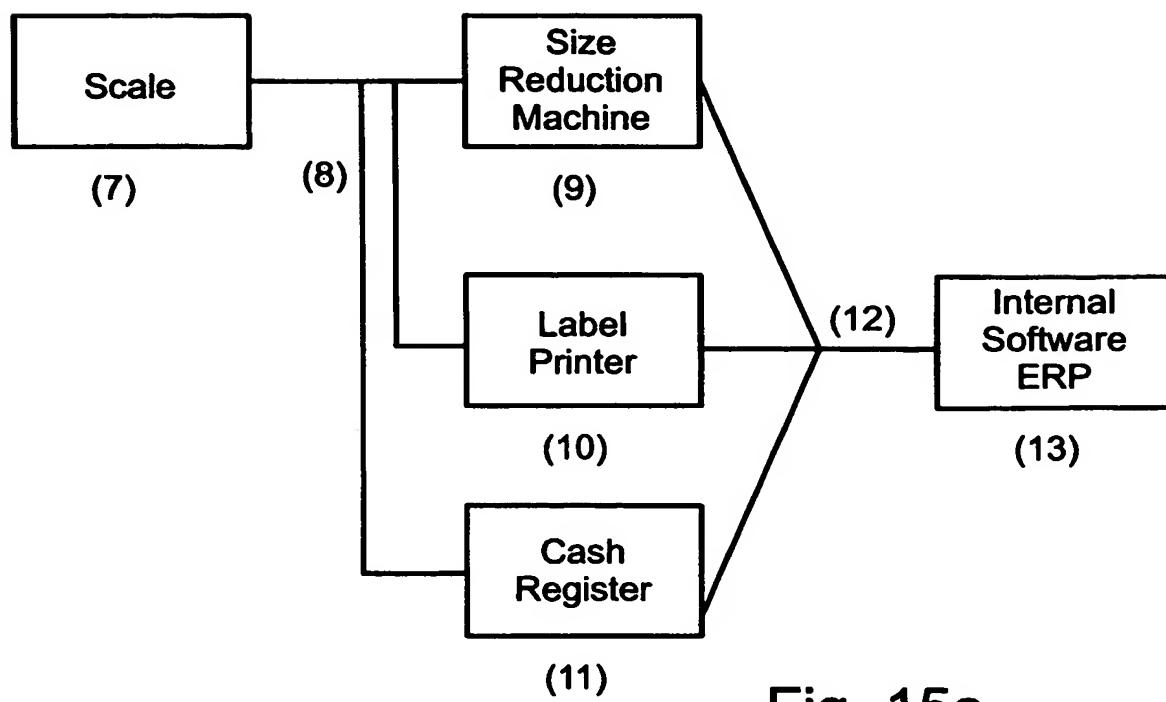


Fig. 15c